



Lake Forest Recreation Department

Upcoming Youth Athletic Programs



House League Basketball

This popular Lake Forest Recreation program gives your boy or girl an opportunity to compete against their friends in an organized, relaxed, fun & safe environment. Prior to any games or team formation, all children are put through pre-season practice sessions to work on the fundamentals of the game. After the pre-season practice sessions, all children will be put through a short skill evaluation to ensure the balance of skill levels on all teams. Kids will be split into divisions by grade to ensure equal skill and player development. Please contact Ken Pierini, Program Supervisor for all boys divisions @ 847-615-4333 and Anthony Anaszewicz, Program Supervisor for all girls divisions @ 847-615-4335.

Fee: R: \$150 NR: \$180 **After Sept. 30th** R: \$165 NR: \$198

Age: 1st-8th Grade

Times: 1st-2nd Grade Weekdays – 5p, 6p or 7p and Saturdays – 8:30a, 9:30a or 10:30a
3rd-8th Grade Weekdays – 5p, 6:30p, 7p, 7:30p, or 8p and Saturdays – 9a, 10a, 11a

Days/Dates:	League	Day	Dates
	1 st -2 nd Grade Girls	T & Sa	Nov. 6 – Feb. 23
	3 rd -4 th Grade Girls	T & Sa	Nov. 6 – Feb. 23
	5 th -6 th Grade Girls	M & W	Nov 5 – Feb 20
	1 st -2 nd Grade Boys	F & Sa	Nov 9 – Feb 23
	3 rd -4 th Grade Boys	Tr & Sa	Nov 8 – Feb 23
	5 th -6 th Grade Boys	M & W	Nov 5 – Feb 20
	7 th -8 th Grade Boys	T & Tr	Nov 6 – Feb 21



Flag Football

Flag Football is a fun and exciting sport for both boys and girls and parents love it because there's no contact! At the Lake Forest Recreation Department, we stress teaching and having fun. Skill levels vary throughout all 3 of our divisions; 1st-2nd Grade, 3rd-4th Grade and 5th-6th Grade. Our younger divisions are where our kids truly learn the game as they develop through team practices and drills. Prior to any team formation or games, all kids will be put through a couple of pre-season practice session led by the Recreation Center staff. Then all kids will be tested for skill levels to ensure the balance of teams in each division. **For each league's pre-season schedule please** contact Ken Pierini, Program Supervisor for the 3rd-4th Grade divisions @ 8147-615-4333 or Anthony Anaszewicz, Program Supervisor for the 1st-2nd Grade and 5th-6th Grade divisions @ 847-615-4335.

Fee: R: \$95 NR: \$114

Age: 1st-6th Grade

Times: Please call one of the contacts above for your division times.

Days/Dates:	League	Day	Dates
	1 st -2 nd Grade	T & Sa	Sep. 8 – Oct. 27
	3 rd -4 th Grade	W & F	Sep. 5 – Oct. 26
	5 th -6 th Grade	M & Tr	Sep. 6 – Oct. 25



Volunteer Coaches Needed!!

Please contact Anthony Anaszewicz, Program Supervisor at 847-615-4335 if you are interested in getting involved in either one of the two above programs. We do offer coaching tips and a clinic for those who do become volunteer coaches.

Pre-Season Basketball Clinic

This clinic will prepare your child for our upcoming House League. This class for kids between 1st and 6th grade will learn the fundamentals of the game through drills and sport specific activities. Each division will learn different concepts of the game as the goal is to develop and sharpen your child's skills. Kids will learn the fundamentals of dribbling, shooting, passing, team defense, boxing out, team offense, & free throw shooting. This class will be held at the Rec Center Gymnasium on Friday evenings.

Fee: R: \$85 NR: \$102

Age: 1st-6th Grade Boys and Girls

Instr: Anthony Anaszewicz & Staff

Dates: Sep. 14 – Oct 19

Times:	Grade	Time
	1 st -4 th Grade Girls	4:30p-5:30p
	1 st -2 nd Grade Boys	5:30p-6:30p
	3 rd -4 th Grade Boys	6:30p-7:30p
	5 th -6 th Grade Boys & Girls	7:30p-8:30p

